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The Little Book of Stress: Calm is for Wimps, Get Real, Get Stressed

By Rohan Candappa

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Book of Stress: Calm is for Wimps, Get Real, Get Stressed, Rohan Candappa, THE LITTLE BOOK OF CALM is a publishing phenomenon, with total world-wide sales of 1. 8 million, including 750, 000 in the UK trade alone. Now, Ebury Press brings you the perfect antidote to all that serenity. Rohan Candappa, a former copywriter turned film-maker, believes it's time to admit that stress is good. Because without stress, we would all be very, very nice. And stomach-churningly contented. And in all honesty, who wants to live in a world like that. The many and hilarious tips for increasing your own stress levels and stressing out the people around you include gems like the following: *Learn to snore *Choose friends you don't like *Put empty milk cartons back in the fridge *Become a politician. And always remember, worrying is just medication for realists.



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